



Adult Activity Brochure 2025



Your local physical activity opportunities in South Derbyshire



Active South Derbyshire

OUTDOOR ACTIVITIES

MONDAY



Walk & Tone

10:00am - 11:00am (weekly)

Moira Furnace Museum & Country Park,
Furnace Lane, Moira, Swadlincote
DE12 6AT

Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A scenic walk will be split up with short 5-minute circuits of body weight and resistance band exercises to provide a full body tone.

Block booking £6, PAYG £7. The meeting point changes weekly and will include Swadlincote, Albert Village and Donisthorpe.

Walking - Hilton

10:30am - 11:30am (weekly, not bank holidays)

Hilton Brook Pub DE65 5FG

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks for an hour around Hilton village.

Walking - Calke Abbey

2:00pm - 3:15pm (weekly, not bank holidays or 5th Monday of the month)

National Trust Calke Abbey, Ticknall,
Derbyshire DE73 7JF

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks for an hour and 15 minutes around the beautiful site of Calke Abbey.

Drop In Gardening (DIG)

2:00pm - 4:00pm (weekly)

Rosliston Forestry Centre DE12 8JX

☎ 01283 535039

✉ rosliston@southderbyshire.gov.uk

Gardening tasks in our herb, sensory & wildlife gardens for adults. Please contact for more details before your first visit. Not bank holidays. Please bring own gloves. Free.

Walking - National Memorial Arboretum Walk

2:00pm - 3:00pm (weekly)

Croxall Road, Alrewas, Staffordshire
DE13 7AR

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks for an hour around the National Memorial Arboretum.

TUESDAY

Walking Talking Tuesdays

9:30am - 12:00pm (fortnightly)

Various locations see website for schedule

www.peakrunning.co.uk/trailtherapy

Peak Running ☎ 07710 177325

✉ info@peakrunning.co.uk

An opportunity to explore scenic local trails, connect with nature and chat with the leaders and fellow walkers. A perfect way to build your fitness while also gaining the positive mental health benefits of being out in nature. Walks generally cover around 5-miles/8km at a pace comfortable for all group members. For more information and to book a place visit:

www.peakrunning.co.uk/trailtherapy

Walking - Measham walk and talk

10:00am - 10:30am (weekly)

Peggs Close car park (alley), Ashby,
DE12 7LJ

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A chatty, gentle walk ideal for the those looking to get back into exercise. The walk is followed by a hot drink and a chat.

Senior Tennis Group

10:00am - 12:00pm (weekly)

Maurice Lea Memorial Park,
Swadlincote DE11 9NW

The Parklife Officer ☎ 01283 228766

✉ parksandgreenspaces@
southderbyshire.gov.uk

Free Tennis sessions for over 50s. Borrow kit for free or bring your own kit if you prefer. Friendly group of players of mixed ability. New members always welcome.

Rosliston Rangers

10:00am - 3:00pm (fortnightly)

Rosliston Forestry Centre DE12 8JX

☎ 01283 535039

✉ rosliston@southderbyshire.gov.uk

Site based tasks and on-the-job training in conservation work & wildlife surveys for adults. Please contact for more details before your first visit. Free. 2nd and 4th Tuesdays of the month.

Walking - Overseal

1:30pm - 3:30pm (weekly)

Please contact us for the starting location as this changes regularly.

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly group that walk between 3-5 miles around various sites within the National Forest.

Walking - Newhall Walk

2:00pm - 3:00pm (weekly)

Newhall Surgery, 46-48 High Street,
Swadlincote DE11 0HU

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

A new friendly walking group that walks for around one hour around Newhall.

Swad Joggers

6:30pm - 7:30pm (weekly)

Meet outside Swadlincote Library, Civic
Way, Swadlincote DE11 0AD

Tracey Parker

✉ swadjoggers@gmail.com

A friendly jog group based in Swadlincote catering for all abilities. Also offer a walking group alongside our running groups.

WEDNESDAY

Walk & Tone

10:00am - 11:00am (weekly)

Moira Furnace Museum & Country Park
Furnace Lane, Moira, Swadlincote
DE12 6AT

Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A scenic walk will be split up with short 5-minute circuits of body weight and resistance band exercises to provide a full body tone.

Block booking £6, PAYG £7. The meet point changes weekly and will include Swadlincote, Albert Village and Donisthorpe.

Walking - Green Bank walk

10:00am - 11:00am (weekly)

Green Bank Leisure Centre, Civic Way,
Newhall, Swadlincote DE11 0AD

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks for an hour around Swadlincote. Please meet at the Café inside Green Bank Leisure Centre.

Walking - Rosliston Forestry Centre

10:30am - 11:30am (weekly)

Rosliston Forestry Centre DE12 8JX

Tor Adams ☎ 07977439309

✉ Tor.Adams@southderbyshire.gov.uk

Join us for a one hour, easy paced walk around the Forestry Centre. This walk is ideal for those wanting to be more active and also those who haven't walked in a group before.



Outdoor Activities

1:00pm - 3:00pm (weekly)

Eureka Park, Midland Road, Swadlincote, Derbyshire, DE11 0BA

Belinda ☎ 01773 734989

Being outdoors, having fun and meeting new people improves your mental and physical health. At Chum's we do a range of activities getting you outside and meeting new people.

THURSDAY



bRUNch Club Trail Therapy

9:30am-11:15am (weekly)

Various locations see website for schedule www.peakrunning.co.uk/

trailtherapy#brunchclub

Peak Running ☎ 07710 177325

✉ info@peakrunning.co.uk

Relaxed 'chatty' paced runs exploring scenic local trails, which are as much about the mind as the body. A perfect way to de-stress and connect with nature in some beautiful green spaces, amongst a friendly and supportive group. We cover around 5 miles/8km and cater for all paces. For more information and to book a place visit:

www.peakrunning.co.uk/trailtherapy#brunchclub

There is a small charge for these activities, but we are happy to offer free places to anyone where money may be a barrier to taking part. These can be booked, no questions asked, using the voucher code displayed our website.

Walking - Measham Walk and Talk

10:00am-10:30am (weekly)

Peggs Close car park (alley), Ashby DE12 7LJ

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A chatty, gentle walk ideal for those looking to get back into exercise. The walk is followed by a hot drink and a chat.

Nordic Walking - Rosliston

10:00am - 11:00am (weekly)

Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote DE12 8JX

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

Ideal for beginners and experienced Nordic Walkers. Meet on the picnic area. £3.80 if hiring poles, £2 if using own poles.

Walking - Coronation Park

10:00am - 11:00am (weekly)

Meeting at the Coronation Park car park, William Nadin Way, Stanton,

Swadlincote DE11 0UH

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

Join us for this weekly walk in and around Cadley and Coronation Parks. The walk will be up to 3 miles long and is ideal for those who are already active but looking to increase their fitness.

Walking - Measham

10:30am - 12:00pm (weekly)

Please contact us for the starting location as these change regularly.

Contact ☎ 07956 299700

✉ Tor.Adams@southderbyshire.gov.uk

A friendly group that walk between 3-5 miles around various sites locally. If you would like to join the group, please contact the walk leader on the number above.

Walking - Willington

1:30pm - 2:30pm (weekly)

Canal/picnic area car park DE65 6BP

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

A friendly walking group that walks for around an hour around Willington. The group often stop for a hot drink afterwards.

Swad Joggers

6:30pm - 7:30pm (weekly)

Meet outside Swadlincote Library, Civic Way, Swadlincote DE11 0AD

Tracey Parker

✉ swadjoggers@gmail.com

A friendly jog group based in Swadlincote catering for all abilities. Also offer a walking group alongside our running groups.

Walking - Elvaston Castle Country Park

7:00pm - 8:00pm (weekly)

Starting from Thulston Village Green, opposite Harrington Arms car park, DE72 3EY

Tor Adams ☎ 07977439309

✉ tor.adams@southderbyshire.gov.uk

A friendly group who walk in the evenings around the Elvaston Castle site. Walks last for around an hour.

FRIDAY



Cycling

10:00am - 11:00am (weekly)

Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote DE12 8JX

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

Join us for a gentle, traffic free ride around the Forestry Centre. Open to all abilities. We also have a walking group at the same time for those who don't wish to cycle.

Walking - Heartwood Surgery walk

10:00am - 11:00am (weekly)

Civic Way, Swadlincote DE11 0AE

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

A friendly walking group that walk between 1-2 miles every week (meet in the Reception area).

SATURDAY



Morning Meditation

8:00am - 9:00am

Moira Furnace Woodland, Furnace Lane, Moira DE12 6AT

Jodi & Becki ☎ 07445 209725

✉ contact@wildmindsnature.co.uk

Join us for a guided meditation session in a beautiful woodland setting. Take time to unwind, connect with nature and explore a new way to reduce anxiety and stress. This outdoor guided meditation session is suitable for anyone wanting to try something new to support positive wellbeing in a relaxed environment.

Dates can vary, please contact us for current availability.

T'ai-Qi for Wellbeing

9:30am - 10:30am

Moira Furnace Woodland, Furnace Lane, Moira DE12 6AT

Jodi & Becki ☎ 07445 209725

✉ contact@wildmindsnature.co.uk

Join us for relaxing T'ai Chi for mind and body. Spend time following the movements of T'ai Chi & Qigong and find calm in this moving meditation. Suitable for all abilities and can even be completed seated if required.

Dates can vary, please contact us for current availability.

SUNDAY



Bird Watching for Beginners (3rd Sunday of each month)

9:00am - 12:00pm

Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote DE12 8JX

Tony Slater

✉ birdingfor@gmail.com

On the third Sunday of each month at 9am, meet by the cafe at Rosliston Forestry Centre. A gentle walk around Rosliston Forestry Centre watching birds and other wildlife. Our experienced guides will share information about the birds we see and give tips on using optical equipment properly. Walks last about 3 hours on well made footpaths. Binoculars available to borrow.

INDOOR ACTIVITIES

MONDAY

Zumba

9:30am - 10:25am (weekly)

Mickleover Memorial Hall
49 Station Road, Derby DE3 9GH
24 Fit Derby ☎ 01332 498005
✉ 24fitderby@gmail.com

Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Postural Stability Group (PSG)

10:00am - 11:00am (weekly)

Willington Village Hall DE65 6DE
Emma Yates ☎ 07554 868161
✉ Active.SD@southderbyshire.gov.uk
These classes include standing strength and balance exercises with the possibility of some seated strength work.

Chair Based Exercise

10:30am - 11:30am

Recreation Centre Shardlow Road,
Aston-on-Trent DE72 2AN
Lindsay Robins ☎ 07874 862287
✉ Active.SD@southderbyshire.gov.uk
These sessions are predominantly seated, but may include some optional standing exercises.

Pilates

10:45am - 11:45am (weekly)

Mickleover Memorial Hall, Station Road,
Mickleover, Derby DE3 9GH
Elena Flinton ☎ 07956 377158
Pilates is recommended by medical professionals to help with back pain, arthritis, fibromyalgia, stress and anxiety, and more. It emphasises alignment, breathing, developing a strong core (the muscles of the abdomen, lower back and hips) and improving coordination and balance. It's also a great place to meet new friends in a warm and sociable environment.

Kettlebells & Core

6:00pm - 6:45pm (weekly)

Granville Academy, Burton Road
Woodville DE11 7JR
Sue Williams ☎ 07940 580891
✉ Fit-4-LifePT@outlook.com
Kettlebell and core exercises improve strength, endurance, flexibility, stability, balance and coordination making everyday life easier! Suitable for all ages and fitness levels. Classes are outdoors in Albert Village Recreation Ground from April to September. Block booking £7, PAYG £8.

Archery

6:00pm - 10:00pm (weekly)

Gresley Old Hall Miners Club, Gresley
Wood Road, Swadlincote DE11 9QW
Mercia Archers ☎ 07896 887289
✉ jamesonderek17@gmail.com
Before doing archery, you must complete a prearranged beginners course. Please get in touch if this is something you are interested in.

Walking Football

7:00pm - 8:00pm (weekly)

Repton School DE65 6FH
Kip Marklew
✉ kip.marklew@gmail.com
Etwell Walking Football Club provides facilities for over 50s to continue playing football during 2 evening sessions and have teams entered in a local league at over 50s and 65s. All welcome.

Rockfit with Becky

7:15pm - 8:15pm (weekly)

Overseal Village Hall, Woodville Road,
Overseal, Swadlincote DE12 6LU
✉ RockfitwithBecky@yahoo.com
Rockfit is a combination of dance fitness, cardio and body toning with the added bonus of a mind blowingly marvellous rock and metal soundtrack. Such a huge range of tracks, your classic rock anthems, some nice grungy tracks, numetal, metal core, thrash metal, punk rock – there really is something for everyone. The class can be taken at any pace, suitable for all levels of fitness and all abilities. Moves will be demonstrated, the lights are low, music is blaring, come along and rock out with us. First class is a free taster session. PAYG £6 or discounted class cards available.

Walking Football

8:00pm - 9:00pm

Green Bank Leisure Centre, Swadlincote
DE11 0AD Tor Adams 07977 439309
✉ Tor.Adams@southderbyshire.gov.uk
Whether you're looking to keep active, stay fit, or widen your circle of friends, Walking Football offers the perfect opportunity to do this.

TUESDAY

Balanced & Strong

10:45am - 11:45am (weekly)

Mickleover Memorial Hall, Station Road,
Mickleover, Derby DE3 9GH
Elena Flinton ☎ 07956 377158
✉ elena.flinton@gmail.com
Are you wanting to improve your balance, stay fitter and stronger, and help prevent falls? Then this exercise class, that includes sitting options, could be for you! There are a variety of low impact exercises, some to music, that are designed for the elderly. It's social too, with 30 mins for tea and biscuits!

Bat & Chat

2:00pm - 4:00pm (weekly)

Melbourne Assembly Rooms (Studio Room), Melbourne DE73 8GF
Carl Barcock ☎ 07539 329966
✉ carlbarcock@gmail.com
This is a casual session for over 50's. The play is gentle and the accent is on having fun. All equipment is provided. There is a tea & biscuit break at half time. First session is free as a taster, thereafter it is £3 per session.

Clubbercise

6:30pm - 7:20pm (weekly)

Stenson Fields Community Centre,
Chartley Rod, Derby DE24 3BT
Pauline ☎ 07511 894538
✉ Healthfit4all@hotmail.com
Want to get fit and healthy whilst having fun? Come along to Clubbercise at Stenson for a fun-filled workout incorporating simple dance moves to give you a cardio workout and burn calories. The class includes a combination of high and low impact moves, suitable for beginners as well as the more advanced.

Table Tennis Evening Practice

7:00pm - 9:00pm (weekly)

Melbourne Assembly Rooms
(Studio Room or old squash court)
Melbourne DE73 8GF
Carl Barcock ☎ 07539 329966
✉ carlbarcock@gmail.com
This is a practice session for all abilities, primarily adults, but juniors over 12 years old are welcome with a playing guardian. Equipment can be provided. First session is free as a taster. Thereafter it is £5 a session for adults and £3 for juniors.

Zumba

7:25pm - 8:10pm (weekly)

Hilton Village Hall, Peacroft Lane,
Derby DE65 5GH
Sam
✉ contact@beautifullybalanced.online
A fun filled, 45 minute, dance based cardio workout, to amazing Latin and international tunes. Each playlist is carefully composed to offer variety and the chance to express yourself in different ways. It will get your heart pumping and your feet moving (even if you think you have two left feet!)

Wind Down Yoga

8:15pm - 9:00pm (weekly)

Hilton Village Hall, Peacroft Lane,
Derby DE65 5GH
Sam
✉ contact@beautifullybalanced.online
A gentle body and mind practice. Each class is designed to stretch out the body and quieten the mind, helping you to release any tension and wind down for the evening. Different options will be provided to cater for a mix of abilities, including beginners. Known to support a good night's sleep!

WEDNESDAY

T'ai Chi

9:30am - 10:30am beginners (weekly)

10:45am - 11:45am Intermediate (weekly)

Rosliston Forestry Centre DE12 8JX

☎ 01283 535039

✉ rosliston@southderbyshire.gov.uk

A gentle form of exercise that can help maintain strength, flexibility, balance, co-ordination, and stress management.

The Magic of Movement

2:30pm - 3:30pm

Melbourne Assembly Rooms, High Street, Melbourne DE73 8GJ

Douglas Mclay ☎ 07969 126940

✉ Active.SD@southderbyshire.gov.uk

A gentle exercise class for those who are concerned about losing or who want to improve their mobility. Exercise standing or seated to improve leg strength and balance.

Gym Circuit Training (will resume when the minimum group size has been met)

6:00pm - 6:45pm (weekly)

Granville Academy, Burton Road, Woodville DE11 7JR

Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A full body workout to improve cardiovascular, muscular and core strength and endurance. Suitable for all ages and fitness levels. Block booking £7, PAYG £8.

Rockfit with Sharon

6:30pm - 7:30pm (weekly)

Chellaston Academy, Swarkestone Road, Chellaston, Derby DE73 5UB

✉ rockfitwithsharon@gmail.com

Rockfit combines dance fitness, cardio and body toning with a mood-lifting rock and metal soundtrack. Exercises can be adapted to suit all fitness levels and we operate a strict 'no judgement' policy - we're all there to have fun and get moving with the bonus of great music to keep us motivated. First class is free - just turn up 10 minutes before the session to fill out a form. Susequent classes are £5 PAYG or you can buy a 5 class pass for £20.

Visit Rockfit with Sharon - Derby on Facebook for more deatils.

Clubbercise

7:00pm - 7:55pm (weekly)

Murray Park Community School, Murray Road, Mickleover, Derby DE3 9LL

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

Clubbercise® - simple, fun dance fitness routines using glow sticks to club anthems, from 90's classics to the latest chart hits, normally taught in a darkened room with disco lights. Because of the high and low impact options Clubbercise dance fitness classes are great if you're a beginner or if you're already a fitness freak!

THURSDAY

Yoga Flow

9:15am - 10:00am (weekly)

Vicarage Road, Mickleover, Derby DE3 0ED

Sam ☎ contact@beautifullybalanced.online

A mind-body practice that incorporates breath, postures (asanas) and relaxation. Each class is designed to build heat, strength and improve balance, whilst leaving you feeling calm and serene. Different options will be provided to cater for a mix of abilities, including beginners.

FitSteps

10:00am - 10:50am (weekly)

Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

FitSteps is a Latin and Ballroom dance fitness workout, where you can learn the wonderful dances you see on Strictly Come Dancing without the need for a partner and in a relaxed and fun environment. It's so much fun you won't feel like you are working out, and it's also a great way to socialise and make new friends. You don't need any dance experience and you don't need to be fit to be able to enjoy FitSteps. It's a dance fitness workout suitable for everyone! Trainers and comfortable loose clothing or exercise wear are recommended. Don't forget your water bottle too.

Zumba

6:30pm - 7:25pm (weekly)

Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Under 18's must be accompanied by their guardian.

Rockfit with Becky

7:15pm - 8:15pm (weekly)

Th Village Heart @ St John's, Church Street, Donisthorpe, Swadlincote DE12 7PX

✉ RockfitwithBecky@yahoo.com

Rockfit is a combination of dance fitness, cardio and body toning with the added bonus of a mind blowingly marvellous rock and metal soundtrack. Such a huge range of tracks your classic rock anthems, some nice grungy tracks, numetal, metal core, thrash metal, punk rock - there really is something for everyone. The class can be taken at any pace, suitable for all levels of fitness and all abilities. Moves will be demonstrated, the lights are low, music is blaring, come along and rock out with us. First class is a free taster session. PAYG £6 or discounted class cards available.

Zumba

7:00pm - 7:45pm (weekly)

Hilton Village Hall, Peacroft Ln, Hilton, Derby DE65 5GH

Sam

✉ contact@beautifullybalanced.online

A fun filled, 45 minute, dance based cardio workout, to amazing Latin and international tunes. Each playlist is carefully composed to offer variety and the chance to express yourself in different ways. It will get your heart pumping and your feet moving (even if you think you have two left feet)!

Walking Football

7:00pm - 8:00pm (weekly)

Repton School DE65 6FH

Kip Marklew

✉ kip.marklew@gmail.com

Etwall Walking Football Club provides facilities for over 50s to continue playing football during 2 evening sessions and have teams entered in a local league at over 50s and 65s. All welcome.

Pound

7:40pm - 8:30pm (weekly)

Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Under 18's must be accompanied by their guardian. Please bring your own exercise mat (or big heavy towel).

Wind Down Yoga

7:50pm - 8:35pm (weekly)

Hilton Village Hall, Peacroft Ln, Hilton, Derby DE65 5GH

Sam

✉ contact@beautifullybalanced.online

A gentle body and mind practice. Each class is designed to stretch out the body and quieten the mind, helping you to release any tension and wind down for the evening. Different options will be provided to cater for a mix of abilities, including beginners. Known to support a good night's sleep!

FRIDAY

Postural Stability Group (PSG)

Friday

10:30am - 11:30am

Swadlincote Fire Station DE11 0AE

Rachel Hudson ☎ 07896 031084 ✉

Active.SD@southderbyshire.gov.uk

These classes include mainly standing strength and balance exercises with the possibility of some seated strength work.

A 'Live Stronger for Longer' class for Derby & Derbyshire Age UK

1:30pm - 2:30pm

Newhall Village Hall, Bretby Road,

Newhall, Swadlincote DE11 0LH

Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

Standing and seated strength and balance exercises using ankle weights and resistance bands to improve upper and lower body strength.

Weekly PAYG £5.

Rockfit with Sharon

6:00pm - 7:00pm (weekly)

Hilton Village Hall, Peacroft Lane,

Derby DE5 5GH

✉ rockfitwithsharon@gmail.com

Rockfit combines dance fitness, cardio and body toning with a mood-lifting rock and metal soundtrack. Exercises can be adapted to suit all fitness levels and we operate a strict 'no judgement' policy - we're all there to have fun and get moving with the bonus of great music to keep us motivated. First class is free - just turn up 10 minutes before the session to fill out a form. Subsequent classes are £5 PAYG or you can buy a 5 class pass for £20. Visit Rockfit with Sharon - Derby on Facebook for more details.



For more information about our Events, Active Community Directory, Club Development Support and Summer Activities visit www.southderbyshire.gov.uk or scan the QR Code to visit our Facebook Page.

SATURDAY

Zumba

9:30am - 10:25am (weekly)

Mickleover Memorial Hall, Station Road, Mickleover, Derby DE3 9GH

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Under 18's must be accompanied by their guardian.

 Find us on **Facebook**
@ActiveSouthDerbyshire

 @ActiveSDerbys

All information listed is correct at the time of printing and subject to change without notice.

The quality of sessions cannot be guaranteed. It is strongly advised that you check:

- Coaches and volunteers are appropriately qualified in their sports/activities.
- Adequate insurance cover is in place.
- The availability of each session/class before attending.



Forestry England

Feel Good in the National Forest



Free & low cost health & wellbeing activities at Hicks Lodge, Sence Valley and our wider woodlands in the National Forest.

Be more active, boost your resilience, find restoration and connection with nature through our activities. From forest bathing to yoga, guided jogs & walks to bushcraft, there's something for all!

The programme is open to any individual with mild-to-moderate health conditions or who is looking to improve their health and wellbeing.

View the programme!



Find out more: forestryengland.uk/feel-good

WE ARE UNDEFEATABLE

Is a national campaign to support the 15 million people who live with one or more long-term health conditions in England.

Launched in August 2019, it aims to help those with conditions such as diabetes, cancer, arthritis and Parkinson's to build physical activity into their lives.

www.weareundefeatable.co.uk

Live Life BETTER DERBYSHIRE

A free healthy lifestyles service that helps you:

- Stop smoking
- Manage your weight
- Get more active
- Identify your health and wellbeing needs

To find out more call: 0800 085 2299 or

01629 538200 lifelifebetterderbyshire.org.uk



Join the Movement, is a National Lottery-funded campaign helping us all find ways to get active. We're all about simple, fun and free ways to get active, both indoors and outdoors, that you can enjoy safely.

www.sportengland.org/jointhemovement



(GAIF) is an outdoor activity programme designed to increase participation in sport and physical activity. Most of the events and activities take place outdoors and make the most of our natural environment.

For more information please contact:

07977 439309

Get.Active@southderbyshire.gov.uk



We are passionate about being active, staying healthy and the wellbeing of our community. Whether it is state-of-the-art gym equipment, excellent sports facilities, Swim England-accredited swimming programmes or fun activities for children, our centres have something for EVERYONE to enjoy.

Green Bank Leisure Centre, DE11 OAD

01283 216269

Etwall Leisure Centre, DE65 6HZ

01283 735404



© The Magic Attic

Sharpe's Pottery Museum

Swadlincote Heritage Trails

Our local history archive, The Magic Attic, contains a vast number of photographs and resources from Swadlincote's past. These, along with research and photographs from individuals, have been used to create a two part trail around Swadlincote - Swadlincote Town Centre and Swadlincote Villages (Church Gresley, Midway, Newhall, Woodville and Hartshorne). The Heritage Trail includes some plaques around the town.

For more information ring 01283 535039 or visit

www.southderbyshire.gov.uk/heritagetrails

If you would like this information (Adult Activity Brochure) in a different format or need help, please call our customer services team on 01283 595795, Monday – Friday or email customer.services@southderbyshire.gov.uk

GET ACTIVE IN THE FOREST THEMED WALKS 2025

FEBRUARY

**Sunday 16th
9 - 11am**

Bird Watching for Beginners

Enjoy this free, guided walk around the Forestry Centre and learn about the birds and wildlife on site.

For more information contact, birdingfor@gmail.com

APRIL

**Sunday 27th
10.30 - 11.30am**

Bluebell Walk, starting at Rosliston Forestry Centre

Join us as we walk to the nearby 'hidden' bluebell wood.

Sturdy footwear required. Meet on the picnic area at 10:15am for a 10:30am start. 2 miles, some stiles. Free.

MAY

**Friday 23rd
10am - 2pm**

Best Kept Villages

This 8-mile National Forest walk takes you through some of the prettiest villages and rolling countryside of South Derbyshire.

8 miles. Some stiles. Free.

**Friday 30th
1.30pm -
2.30pm**

Bee Walk at Barton Marina

Come along for a guided one-hour walk around Barton Marina as we spot various types of bees! Meet in the first car park (pay and display) on the right hand side. Free car parking is available at the waterfront car park. Sturdy/ waterproof footwear advised. 1 mile. No stiles. Free.

JUNE

**Monday 2nd
6pm - 7pm**

Evening Nordic Walk at Rosliston Forestry Centre

This weekly summer evening walk will take place every Monday (not including Bank Holidays) until 18th August. Perfect for those who are new to Nordic Walking as well as those who already know how to Nordic Walk.

Full instruction will be given. Meet for 5:45pm for a 6pm start.

Meet on the picnic area at Rosliston Forestry Centre.

2.5 miles. No stiles. £4.50 if hiring poles. £2.50 if using your own.

**Sunday 29th
2pm - 3.30pm**

Butterfly Walk

Join our local enthusiast Peter Brewster on a butterfly safari around the site.

Meet at 1:45pm for 2pm start on the picnic area at Rosliston Forestry Centre.

2 miles. No stiles. Children welcome.

For the most up to date information on any of our walks and activities please call us on 07977 439309 or email get.active@southderbyshire.gov.uk

OBTAINING ALTERNATIVE VERSIONS OF THIS DOCUMENT

If you would like this document in another language, or if you require the services of an interpreter, please contact us.

This information is also available in large print, Braille or audio format upon request.

For public transport information Tel: 0870 608 2608



Supporting
the
National
Forest

